

*Poor nutrition is the biggest threat to an older adult's independence... and sadly, it's entirely avoidable.*

For this and many other reasons, we are highlighting two major nutrition programs available for older adults in Dane County. The meals provide 1/3 of the RDA (recommended daily allowance) and DRI (dietary reference intake) for older adults. These meals provide protein, vegetables, fruit, grains, and milk. They follow the dietary guidelines for older Americans. The menus are approved by a Registered Dietitian.

## **Eat in or Out!**

Inside this brochure lists locations older adults age 60+ can visit to have a well balanced meal on a contribution basis. The benefits of this program include:

- Balanced & nutritious meals
- Wide variety of food items
- Supportive services
- Company to share the meal with
- Activities before/after the meal
- Door-to-door transportation
- Increased flexibility & movement

Home-delivered meals are also available for eligible older adults throughout Dane County on a contribution basis. The meals are delivered by a volunteer who also provides a safety check for home-bound older adults.

## **Nutrition Counseling**

One-on-one nutrition counseling is available to older adults seeking information on ways to improve their overall health. Older adults (age 60 and older) who reside in areas served by Dane County's Senior Nutrition Program are eligible to meet with a Registered Dietitian to discuss nutrition-related questions or difficulties. While there is no charge for this service, contributions are always welcome.

### Common Topics Include:

- Diabetic or Pre-Diabetic Diet
- Unintended Weight Loss
- Heart Healthy Diet
- Poor Appetite
- Difficulty Chewing or Swallowing
- Basic Nutrition for Older Adults
- Constipation, Diarrhea, Digestion Issues
- Acid Reflux
- Eating after a new health diagnosis

*NOTE: Counseling solely for desired weight loss will not be approved for this service unless accompanied by a doctor referral.*

To learn more about this resource or to schedule an appointment, contact:  
Shannon Gabriel, RDN, CD, CSG  
(608) 261-5678  
Gabriel.Shannon@danecounty.gov

## **Area Agency on Aging of Dane County Nutrition Program**



2865 N Sherman Ave  
Madison, WI 53704  
Phone: (608) 261-9930  
Fax: (608) 283-2995  
TTY: Wisconsin Relay 7-1-1  
Email: aaa@danecounty.gov  
<https://dcdhs.com/Area-Agency-on-Aging>

*Co-located in the Aging & Disability Resource Center of Dane County*



The Area Agency on Aging of Dane County is a unit of the Dane County Department of Human Services.

Dated 1/26/26

# Dane County Senior Dining Sites

LOCATION	PHONE	DAYS SERVED	MEAL TIME	MEAL DELIVERY	LOCATION	PHONE	DAYS SERVED	MEAL TIME	MEAL DELIVERY
Beth Israel Center 1406 Mound St, Madison	442-4083	M Sept - May	11:30	See MOWs	Meals on Wheels (MOWs) for the Madison & Monona Service Area (SSM Health at Home)	276-7598	Lunch only	Varies	M-F
Cambridge Community Center 200 Spring St, Cambridge	838-7117	T, F	Noon	N/A	Middleton Senior Center 7448 Hubbard Ave, Middleton	831-2373	M-F	11:30	M-F
Colonial Club Sr Activity Ctr 301 Blankenheim Ln, Sun Prairie	837-4611	M-F	11:30	M-F	Monona Senior Center 1011 Nichols Rd, Monona	512-0000 Ext. 301	F	Noon	See MOWs
Cornerstone Community Center 505 N Main St, DeForest	846-9469	M-F (except W)	11:30	M-F	Mount Horeb Senior Center 107 N Grove St, Mount Horeb	437-6902	W, F	11:15	M-F
DeForest Family Restaurant* 505 W North St, DeForest	846-9469	W	10-1	N/A	Northwest Dane Senior Services 1837 Bourbon Rd, Cross Plains	798-6937 Ext. 5	M-F	11:30	M-F
Fitchburg Senior Center 5510 E Lacy Rd, Fitchburg	270-4290	M-F	11:45	M-F	Oregon Area Senior Center 219 Park St, Oregon	835-5801	M-F	11:45	M-F
Goodman Community Center 149 Waubesa St, Madison	204-8032	M-F	Noon	See MOWs	River Ville Bar & Grill* 619 River St, Belleville	424-6007	W	9-1	N/A
Hmoob Kaj Siab (The Hmong Institute located inside The Life Center Madison) 4402 Femrite Dr, Madison	692-8918	M-F	Noon	See MOWs	Romnes Apartments 540 W Olin Ave, Madison	512-0000 Ext. 303	M-F	11:30	See MOWs
Madison Senior Center 330 W Mifflin St, Madison	512-0000 Ext. 303	M-F	11:30	See MOWs	Stoughton Area Senior Center 248 W Main St, Stoughton	873-8585	M-F	Noon	M-F
McFarland Senior Outreach 5915 Milwaukee St, McFarland	838-7117	M-F (except T)	Noon	M-F	Sugar River Senior Center 21 S Vine St, Belleville	424-6007	M-F (except W)	11:30	M-F
Meadowridge Commons 5734 Raymond Rd, Madison	512-0000 Ext. 302	T & R	Noon	See MOWs	Warner Park Community Rec Ctr 1625 Northport Dr, Madison	512-0000 Ext. 304	M-F (except W)	11:30	See MOWs
DeForest Family Restaurant, & River Ville Bar & Grill do not require a reservation.					With the exception of the sites listed with *, select a convenient site and call by 9am two business days prior to make a meal reservation.				

For more information, contact Dane County Dietitian Shannon Gabriel at [Gabriel.Shannon@dane-county.gov](mailto:Gabriel.Shannon@dane-county.gov) or (608) 261-5678.